

# Modbury Meanderer

## **\*\*Evacuation Rules\*\***

Leave the building immediately if instructed to by TTP staff or a leader. Do not go home until you have given name to one of the leaders. Leave by your nearest door & head to one of the points:

- 1 In carpark out from Millers
- 2 In carpark out from movie theatres
- 3 In parking area out from Jetty Surf.

Listen only to leader

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## **Importance of stretching**

I thought it would be a good idea to again pop in another article about why we stretch at the end of exercise, as I have noticed that fewer people are attending the stretching after the walk.

When we exercise (and particularly with walking) our leg muscles—especially the calves, become shorter and tighten up. If we then do not stretch after the walk, this happens time after time, and our calves become tighter and tighter. Have you ever had a massage on your calves and it is really painful? That is a sure sign that you need to stretch!

Did you know that the more flexible you are the stronger you can become? If you can move a muscle through a greater range of motion you will certainly get more out of it.

If you keep flexible, you could have less back pain, as you will be able to move through a greater range. Your shoulders will have more movement and not “seize up”.

Why don't you try and make it all part of the walk—you will surely see the benefits. The girls usually do some balance work as well so it will be doubly beneficial!

**Household Items for sale**—We have a lot of household items for sale as we are reducing our living space. As well we have beautiful prints of our own photography professionally framed and matted by us, which could make great Christmas presents. They are varied in price so it is best for interested people to see before they select. Our contact details are Nelleke or Damian : Phone 8395 4932 or Mobile 0408 290 181 Email [nellekemcmahon@bigpond.com](mailto:nellekemcmahon@bigpond.com)

**LINE DANCING CLASSES**—These are run on a Thursday morning at DS Goodes Hall, Tilley Park by Jeanette. Beginners start at 8:45 am Rates are \$5 for the hour and \$6 for the full 1 1/2 hours. See Jeanette or call on 0405630039

## Social Round up

### Beach Walk

This will be held on Sunday October 30 from 10 am at Largs Bay. An invite has been sent to Marion Mallwalkers and some of the other mall walking groups as well. This is a free event and all are welcome. Names will be taken at the start of October

### Westfield Xmas Parade

This will be held on Saturday November 5th—so put it in your diary. More details will follow later.

### Xmas Luncheon

Date is November 23 and it will be held at Para Hills Community Club—more details later

### Xmas Breakfast

The committee has decided to have the breakfast on a Tuesday for a change as some are unable to attend on a Friday and this will be held on December 20. More details later

## Speakers

11th October—Ted Jedynek—Foot Leg & spine issues

### NEW COMMITTEE

President— Graham; Vice President - Keith;

Secretary - Rob; Treasurer—Bill, Committee—Carol

Social Committee remains the same.

## Birthdays

**July:** Anne, Wendy, Gerry, Anne, Jessie, Rae, Helen, Christine, Roger, Tom, Carol, Margaret, Des

**August:** Rob, Peggy, Joan, Pauline, Wendy, Janette, Bev, Jean, Carmel, Thea, Joan, Janet, Joy, Helen, Rexene, Bill, Roslyn, Bill

**September:** Joyce, Lorraine, Betty, Damian, Shirley, Wendy, Margaret, Yvonne, Patricia, Rosslyn, Ros, Hazel, Jan, Beryl, Pam, Judy

### Walking Cards:

10 walks for \$18

20 walks for \$30

**Don't forget Carol is still collecting stamps for charity.**

**If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.**

### Coffee roster:

1st week of the month is downstairs - Donut King, Café Combo and Michels  
2nd week is downstairs  
3rd week: Upstairs—Cibo and 42nd Street  
4th Week: Upstairs

Your Walking Group have available for members to hire - at very reasonable rates the following items:

BBQ and Gas bottle \$5  
Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each  
Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

### Enquiries to Bill Devine.

Tony Aldous is a JP if anyone is looking to have documents signed. He just needs a couple of days notice.

## Some Pick Me Ups

We have almost got through a particularly cold winter. The last 9 months has seen several deaths of mallwalkers or their partners/family, and some continue to struggle with debilitating diseases or conditions. It is very easy to slide into negative thoughts, with all the awful things going on around us. It is important to keep getting up, doing some exercise and socializing. It is amazing how life looks brighter when you have offloaded some of your thoughts—someone else can always put a different light on things. Laugh with people—it is so underestimated as a life giving tool. These uplifting little stories were sent to me and I thought I would brighten everyone's day by passing them on.

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

### Some of the winners

1. A four-year-old child, whose next door neighbor was an elderly gentleman, who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked him what he had said to the neighbor, the little boy just said, 'Nothing, I just helped him cry.'
2. Teacher Debbie Moon's first graders were discussing a picture of a family. One little boy in the picture had a different hair color than the other members. One of her students suggested that he was adopted. A little girl said, 'I know all about Adoption, I was adopted..' 'What does it mean to be adopted?', asked another child. 'It means', said the girl, 'that you grew in your mommy's heart instead of her tummy!'
3. On my way home one day, I stopped to watch a Little League base ball game that was being played in a park near my home. As I sat down behind the bench on the first- base line, I asked one of the boys what the score was. 'We're behind 14 to nothing,' he answered with a smile. 'Really,' I said. 'I have to say you don't look very discouraged.' 'Discouraged?', the boy asked with a Puzzled look on his face... 'Why should we be discouraged? We haven't been up to bat yet.'
4. Whenever I'm disappointed with my spot in life, I stop and think about little Jamie Scott.. Jamie was trying out for a part in the school play. His mother told me that he'd set his heart on being in it, though she feared he would not be chosen. On the day the parts were awarded, I went with her to collect him after school. Jamie rushed up to her, eyes shining with pride and excitement.. 'Guess what, Mom,' he shouted, and then said those words that will remain a lesson to me....'I've been chosen to clap and cheer.'

So really what I want to say is that you can choose to be a glass half full or half empty type of person. Research shows that those with a positive outlook on life live longer.

There are so many good people around if you only give them a chance to be a part of your life. We are not all winners at everything we do, but why shouldn't we be just as happy to be the one that claps and cheers! We can learn a lot from kids. Keep Smiling!

**Tea Tree Plaza Walking Group**

PO Box 530  
Modbury SA 5092

Contact: Walk Leader  
Jeanette Richards  
08 8263 8158  
Mobile: 0405630039  
Email: jr829452@gmail.com  
www.mallwalking.net

Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



**Distances—TTPlaza**

Ground floor-400 mtrs  
Top floor (including all exit areas) 1.5 km  
Both top and bottom 1.9 kms  
2 laps=3.8 kms  
3 laps=5.7 kms  
2 bottoms & a top 2.3 kms  
3 bottoms @ a top 2.7 km  
With renovations due to start soon, these distances will change again.  
The manager says that it should not affect the walkers much at all.

**The Four Cats**

Four men were bragging about how smart their cats were. The first man was an Engineer, The second man was an Accountant, The third man was a Chemist, and The fourth man was a Government Employee. To show off, the Engineer called his cat, "T-square, do your stuff." T-square pranced over to the desk, took out some paper and pen and promptly drew a circle, a square, and a triangle. Everyone agreed that was pretty smart. But the Accountant said his cat could do better. He called his cat and said, "Spreadsheet, do your stuff." Spreadsheet went out to the kitchen and returned with a dozen cookies. He divided them into 4 equal piles of 3 cookies. Everyone agreed that was good. But the Chemist said his cat could do better. He called his cat and said, "Measure, do your stuff." Measure got up, walked to the fridge, took out a quart of milk, got a 10 ounce glass from the cupboard and poured Exactly 8 ounces without spilling a drop into the glass. Everyone agreed that was pretty good. Then the three men turned to the Government Employee and said, "What can your cat do?" The Government Employee called his cat and said, "CoffeeBreak, do your stuff." CoffeeBreak jumped to his feet..... Ate the cookies..... Drank the milk..... Sh\*t on the paper..... Screwed the other three cats..... Claimed he injured his back while doing so. Filed a grievance report for unsafe working conditions..... Put in for Workers Compensation.....and Went home for the rest of the day on sick leave..... AND THAT, MY FRIEND IS WHY EVERYONE WANTS TO WORK FOR THE GOVERNMENT!